



# IRVING RECREATION CENTER

## SUMMER DAY CAMP 2016

### Grades 5-7

## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

## Contact Us

402-441-7954 (Rec.Center)  
402-405-6608 (K-2 phone)  
402-405-6609 (3-4 phone)  
402-405-6610 (5-7 phone)

## Water Week

Time to get cool while being in the sun! This week we will play lots of games that involve water. So bring clothes that you can get wet in! We will also participate in active games this week! So get ready for some fun in the sun.

## THIS WEEK'S HIGHLIGHTS

### Monday

In the morning we will play a game of kickball. In the afternoon we will be swimming at Irvingdale Pool. Please remember to bring your sunscreen, swimsuits, towels and flip flops! We will finish our day with water games! So if you may need to bring a change of clothes or shoes.

### Tuesday

We will start out our day with a team building challenge. Then in the afternoon we will have a rotation of tennis and yoga. We will finish out with a craft and wiffle ball.

### Wednesday

This morning we will start off with 3 on 3 basketball. Afterwards we will go swimming at woods pool. Please remember to bring sunscreen, swimsuits, towels, and flip flops! In the afternoon we will play yard games water style!

### Thursday

Today we will take the city bus to Tierra park and Star City Shores. We will leave the center at 9:00 to catch the bus at 9:25. We will return to the center at around 4:00 pm. Please remember to bring sunscreen, swimsuits, towels, and flip flops!

### Friday

Field Trip day! Please remember to wear your camp shirt today. We will go to Holmes Lake. In the morning we will do a rotation of Disc Golf and Ninja. Then we will have a team choice activity. We will leave for Holmes Lake to go canoeing at 1:45 and returning around 4:15.